

The American Institute of Stress

# COMBAT STRESS

BRINGING YOU ALL THE WAY HOME

Volume 2 Number 4  
October 2013



## Natural Healing: The Human-Animal Bond

Organizational Spotlight:  
**IRONSTONE FARM**  
EQUINE THERAPY FOR PTSD



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# **COMBAT STRESS**

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Combat Stress is a quarterly newsletter with news and advertising designed with Service Members, veterans and their families in mind. It appeals to all those interested in the myriad and complex interrelationships between combat stress and health because technical jargon is avoided and it is easy to understand. Combat Stress is archived online at [stress.org](http://stress.org). Information in this publication is carefully compiled to ensure accuracy.

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# GET INSIDE OUR HEAD

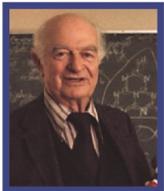


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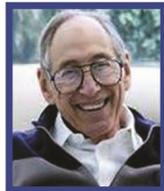
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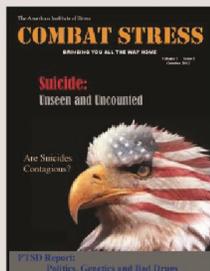
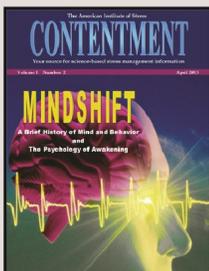
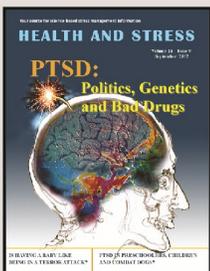
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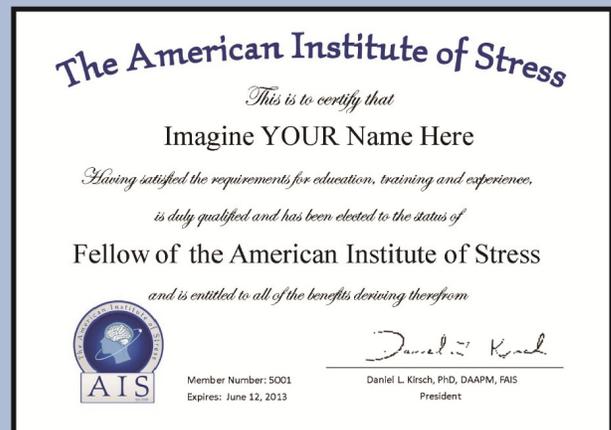
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# Human-Animal Bond and Animals as Therapy

by Dr. Ava Frick, DVM, FAIS

The impact of animals on our lives transcends the eons of our existence. Today it is common to show affection and love for the animals with which we communicate. A growing body of research currently documents the significance of the human-animal bond (H-AB) in child development, elderly care, mental illness, physical impairment, dementia, abuse and trauma recovery, as well as the rehabilitation of those in prisons. One can also not overlook the enormous value of canine assisted therapy for our wounded warriors. <sup>1,2</sup>

National and international conferences first brought attention to the H-AB in the 1970s and 1980s, along with media coverage of community animal-assisted programs such as a dog obedience club giving an obedience demonstration at a residential facility for teenagers with delin-



quent behavior and school or hospice pet visitation. Others highlighted included therapy such as therapeutic horsemanship, and service dog training programs. The Delta Society encour-

aged research in this area, with the majority of funding coming from companies within the pet industry. Now H-AB has its focus on the importance of human-animal interactions to human health and well-being.<sup>3</sup>

The American Veterinary Medical Association "officially recognizes that the human-animal bond has existed for thousands of years and that it is important to the pet owner and community health. The AVMA has adopted a range of policies that relate to the human-animal bond."<sup>4</sup>

*"The human-animal bond is a mutually beneficial and dynamic relationship between people and animals that is influenced by behaviors that are essential to the health and well-being of both. This includes, but is not limited to, emotional, psychological, and physical interactions of people, animals, and the environment. The veterinarian's role in the human-animal bond is to maximize the potentials of this relationship between people and animals."*<sup>4</sup>

Humans, in contact with animals experience a general sense of loving support from animals and have been perceived to be happier and healthier in their presence. Adults have experienced benefits that include: decreased blood pressure, reduced anxiety and stress levels, and an enhanced feeling of well-being.<sup>5,6</sup> A bond with a pet can strengthen human

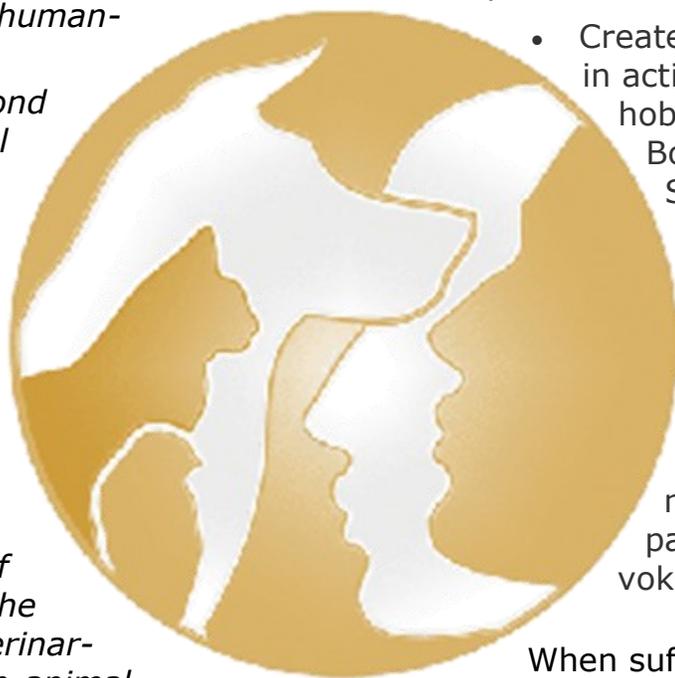
resilience through times of crisis, persistent adversity, and disruptive transitions, such as changes in a job or home location, divorce, and death of close friends and family.

For children it has been found that owning or being able to regularly interact with a pet:

- Enhances self-esteem
- Improves reading skills
- Teaches responsibility and respect towards other living beings
- Creates more involvement in activities such as sports, hobbies, clubs (getting Boy Scout and Girl Scout badges) or those animal-related chores like feeding the cats, cleaning the yard, brushing the dog, or mucking the stalls with the sense of accomplishment and hopefully parental praise they invoke.

When suffering from an ailment or a developmental disorder, children who are allowed to play with a dog during therapy tend to exhibit more playfulness, better focus and awareness of things happening in their environment as compared to children who are not given the opportunity to play with a dog. Having access to a dog seems to provide these children with the ability to open up, speak freely, and participate in ways not seen in the absence of animals.<sup>5,7</sup>

Seniors with dogs tend to exercise more frequently, seek medical care for minor



health issues less frequently, and are inclined to experience less stress as supported by lower levels of blood pressure and cholesterol when compared to non-pet owners. The companionship that pets provide motivates seniors to become more involved in daily activities such as getting out of the house, walking (for the dog) and socializing because of the attention received due to the presence of the pet.<sup>8</sup>

The capacity however of an older individual to actually own their own pet can be influenced by many factors. These include their physical, social, and psychological health, financial status, housing situation, and whether they have any affinity for pets.<sup>9</sup> These and other factors may affect the in-home therapeutic value of companion animals for older adults, though they will still benefit from animal contact via animal-facilitated therapy (AFT) programs.



friendly human visitor, or a session of quiet reading. Findings revealed that those who received canine visit tended to view this interaction as part of their therapy and were more likely to talk about the visits with others.<sup>11</sup>

Another study looked at pediatric oncology patients using animal-facilitated therapy (AFT) to improve quality of life while they were hospitalized. Results showed physiological and psychological benefits in pediatric inpatient settings. AFT has been shown to decrease pain, alter vital signs, provide positive distraction, decrease fear, increase socialization, increase pleasure and decrease emotional distress in hospitalized pediatric patients. Pain, adjustment difficulties, mood changes and symptom management can be improved in inpatient pediatric cancer patients receiving AFT, thus improving overall quality of life.<sup>11</sup>

## CANCER AND PETS

Research demonstrates that cancer patients use complementary and alternative medical (CAM) therapy as a means of regaining control of their disease process in order to facilitate improved quality of life. A pilot study in which cancer patients were treated in an inpatient hospital unit received either a brief visit from a trained visitor dog and its handler, a visit from a

## PTSD AND DOGS

Some people with post-traumatic stress disorder (PTSD) find that service dogs or emotional support dogs offer tremendous benefits in terms of management of PTSD symptoms. Canines must complete rigorous training in behaviors atypical for non-working dogs; perform tasks that handlers of dog owners cannot because of their disabilities, and learn to work effectively with trainers and the individual

in tandem so that once assigned the dog will be able to assist in daily management of the disabling conditions.

Emotional support animals are those pets that assist their owners in coping with mental disabilities. Emotional support dogs provide support to their owners through the offering of friendship and love. These dogs are also called comfort dogs or support dogs. Because of the very nature of dogs they are inherently able to deliver improved life quality. Dogs:

- Help bring out feelings of love
- Are excellent non-judgmental companions
- Are playful, which helps to reduce stress
- Provide good reasons to get out of the house, spend time outdoors, and meet new people
- Take orders well when trained, which can be very comforting for Service Members or Veterans who were accustomed to giving orders in the military.<sup>12</sup>



## RESEARCH MEASURING BENEFITS OF H-AB

The brain mechanisms underlying the psychophysiological well-being associated with the human-animal bond in terms of regional brain responses can be scientifically measured.<sup>13</sup> The effects of the presence of a familiar pet dog on brain

activity and psychophysiology in humans was measured on whole-brain positron emission tomography (PET) scans in the presence (but without) and absence of their own pet dogs. An electrocardiograph was recorded to assess heart rate variability. Results indicated reduced regional brain activities associated with stress perception and sympathetic arousal, as well as a lowered stress response when the dogs were present. However, autonomic function was not found to differ significantly between the two conditions. Overall, these results suggest that the participants were

"relaxed" in the psychological sense.

Horse trekking (riding) has been proposed by horse enthusiasts to be beneficial for human health and well-being. However, very little research has taken into account the effects upon autonomic nervous system activities. In one study,

the changes in heart rate variability (HRV) and salivary amylase activity (indicators of sympathetic nervous activity) were compared between the horse trekking and a riding simulator. During horse trekking, the subjects on horseback walked along a path in an experimental forest and the farm field of a university campus for 30 minutes. For consistency, every rider used the same horse. Findings indicated that following horse trekking, parasympathetic nervous activity was increased, while sympathetic

nervous activity remained unchanged. Activation of the parasympathetic nervous system indicates a decreased stress response.<sup>14</sup>

## THE FUTURE OF H-A B

The Human Animal Bond Research Initiative Foundation (HABRI) is undertaking steps to consolidate their efforts, organize and share existing scientific research into the Human-Animal Bond, and ultimately to use results of that research to help support further studies to promote the process of improving both human and animal health. HABRI's Vision is to: *Achieve formal, widespread scientific recognition that validates the positive roles of pets and animals in the integrated health of families and communities, leading to informed decisions in human health.*<sup>15</sup>

HABRI has aligned with the Morris Animal Foundation, a nonprofit organization that invests in the science behind the advancement of veterinary medicine for companion animals, horses and wildlife. This promotes the funding of efforts toward high-quality research designed to better understand the human and animal health benefits of the human-animal bond in seven areas; autism, cancer, cardiovascular disease, dementia/Alzheimer's, depression, post-traumatic stress disorder (PTSD),

childhood allergies and immunity.<sup>16</sup>

Education and awareness of the availability of animal therapeutic programs is the focus of many non-profit groups, such as PetPartners.Org and The American Association of Human-Animal Bond Veterinarians (AAH-ABV). Pet Partners.Org is a great resource for all things related to a variety of animals (dogs, cats, miniature horses, guinea

pigs, dolphins and even llamas) and their therapeutic benefits for humans.<sup>17</sup> Many states have non-profit horse-designated programs, such as Ride on St. Louis (ROSL) in Missouri, which partners with the Wounded Warrior Project (WWP). The mission of WWP is to honor and empower wounded warriors



and the ROSL WWP program works to accommodate Service Members who have been injured and strives to nurture mind and body, through both the physically healing movement of the horse and emotional interaction.<sup>18</sup>

AAH-ABV advances the role of the veterinary medical community in nurturing positive human-animal interactions in society. Furthermore, they seek to expand research on the variables that influence or mediate health consequences related to animal interactions.<sup>19</sup>

While conventional wisdom has always affirmed the value of animals in promoting human well-being, only recently has their therapeutic role in medicine become the focus of dedicated research. Therapeutic modalities that use animals as a tool for improving the physical, emotional, cognitive and/or social functioning of humans have a variety of identities, depending on the species and focus of that particular group. In a review of research published in the most influential medical journals focusing on internal medicine and rehabilitation from 2001 to 2010, the therapeutic outcomes associated with animal assisted programs supported the premises underlying this article. Additionally, horses are often used as a complementary strategy to facilitate the normalization of muscle tone and improve motor skills in children with cerebral palsy and persons with lower limb spasticity. Further studies are needed to better define the fields and programs for the therapeutic use of animals and to increase their utilization in medicine as a promising, complementary and natural means to improve both functional autonomy and quality of life.<sup>20</sup>

Moving forward, mental health professionals need to openly consider human-animal bonds in clinical assessment and intervention. The well-being and healing that a pet can provide includes a range of relational benefits, from stress reduction and playfulness, to loyal companionship, affection, comfort, security, and unconditional love. Animals also can be drawn into personal conflict. Women may refuse to leave abusive partners because of

threats of abuse to a beloved pet. Recognition of the profound attachments a person may have with pets and grief in their loss should not be taken lightly. Emotions and grief experienced at the death of a pet can be greater than those felt toward the loss of another human. The potential benefits in facilitating positive growth for individuals, couples, and families, when companion animals are included as a part of the healing team, becomes obvious to those who listen, observe, and experience it for themselves.<sup>22</sup>



# Horses Bring Peace to a Soldier's Heart

By David Sollars, MAc, LAc, HMC, DAIS  
and  
David Ferruolo, DAIS

"I never thought I could learn so much from a 1,000 pound horse that can't speak," reflected Clint S., a veteran of Operation Allied Force, who spent five years in the Marine Corp. Clint was part of a pilot program at Ironstone Farm in Andover, MA to use horses to help veterans heal from what Tanielian and Jaycox (2008) call *the Invisible Wounds of War*. Clint's story is indicative of countless veterans returning from battlefields in the Middle East. These combat deployments significantly effect the mental health of Soldiers with prolonged combat exposure, increasing instances of post-wartime related psychological issues (Spelman, Hunt, Seal & Burgo-Black, 2012; Cesur, Sabia & Tekin, 2013).

Mental health concerns in Soldiers have been well documented throughout United States history, but efforts to mitigate the problems have been lacking. During the Civil War, Soldiers suffered with an *Soldier's Heart*. *Battle Fatigue* was the presenting issue during World Wars I and II and *Shell Shock* was written about during the Korean and Vietnam Wars. Today, *depression*, *anxiety*, and *posttraumatic stress disorder* (PTSD) are what affects veterans like Clint. Fortunately, these veteran issues have come to the forefront of societal awareness, and experiential therapies like Equine Facilitated Mental Health (EFMH) are being offered to help veterans heal from the traumas of combat.



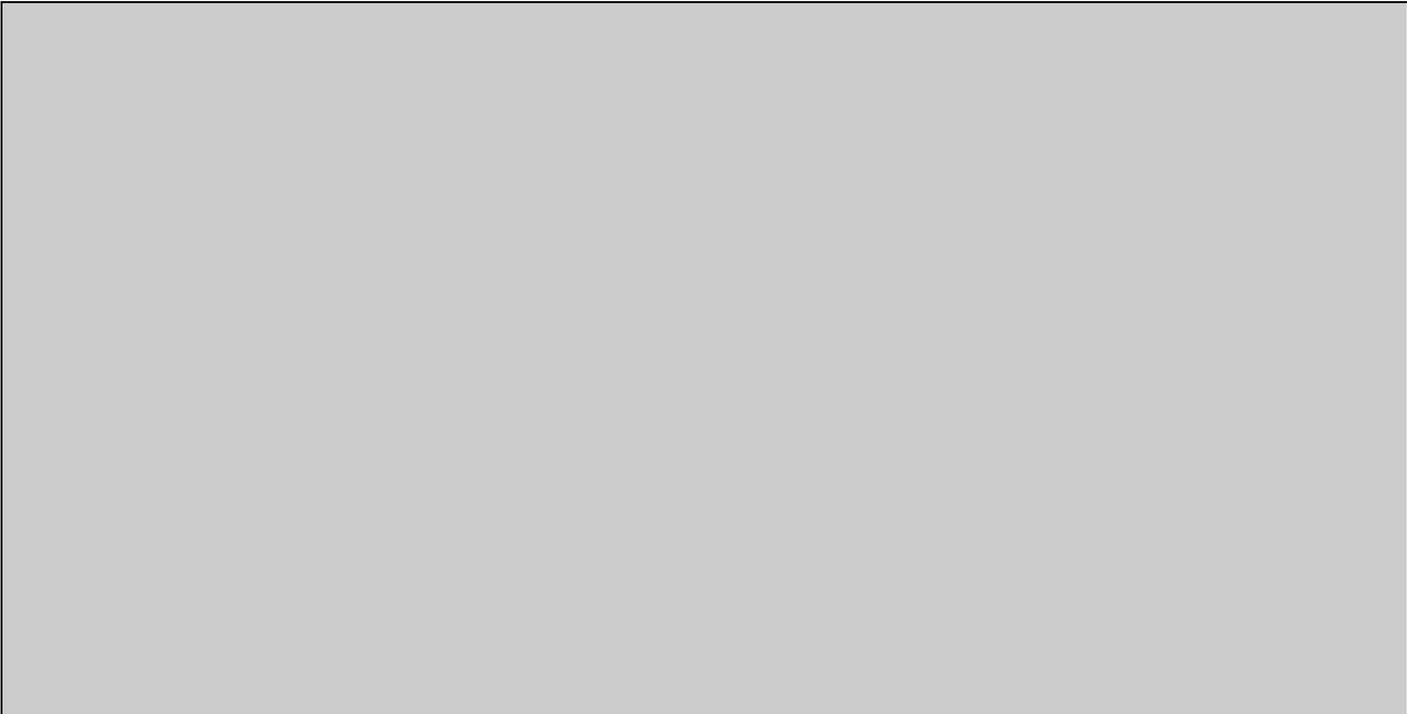


## **The Gift of Desperation**

“They speak about the gift of desperation,” reflects Clint. Somberly, he tells of dealing with severe depression, along with drug and alcohol addiction. Clint isolated himself from friends and family, as many returning veterans do, and he sunk further and further into despair. Fortunately, Clint had the foresight to realize that his life needed to change—this was the gift his depression gave to him. “I had lived in such chaos for so long. I had to move on,” he said. Clint checked himself into the Bedford, MA Veterans Hospital, where he enrolled himself in an intensive reintegration program designed to heal suffering veterans and get them back on their feet. Clint and the veterans at the Bedford VA have a chance, but the outlook for many veterans is not as bright.

It is disheartening to learn that nearly 40% of our returning troops will suffer from depression, anxiety, and

posttraumatic stress disorder (Straits-Troster et al., 2011). These poor mental health conditions negatively impact the lives of suffering veterans and can significantly increase the likelihood of unemployment, poverty, criminality, domestic violence, homelessness, and suicide (Elbogen, et al., 2012; Teten, et al., 2010; Hawryluk & Ridley-Kerr, 2012; Kaplan, McFarland, Huguet, & Valenstein, 2012; Tanielian & Jaycox, 2008). Clint saw the rocky road ahead and he chose to change. “I had an open mind...I did not want to go back to where I had been before.” It was this open mind and inner need to change that ultimately brought Clint to Ironstone Farm and the Equine Retreat for Veterans. And Clint, as well as many other veterans who participated in the equine program, experienced positive shifts that greatly enhanced their ability to heal and move forward from the horrors of war (Ferruolo, in press).



## **Veteran Program Development at Ironstone Farm, Andover MA**

The conceptualizing of the veterans program began with a conversation and an off-the-cuff invitation for local veterans to attend a BBQ at Ironstone Farm in June 2012. Ironstone Farm had been helping people with cancer to face their fears and issues through the "therapy of the horse." Their successes with the cancer retreats lead to discussion about helping veterans as well. A veteran who attended the BBQ was so impressed with Ironstone Farm, that he invited Executive Director, Deedee O'Brien, to attend a meeting in Lowell with Linda King. Linda works with homeless veterans and was so excited about the concept, that she brought in social workers from the Bedford, MA VA to learn about equine programs. With interest from the VA, the program was gaining momentum.

Pam McPhee, MSW, is a professor at the University of New Hampshire and the director of the Browne Center. Paul Smith, Ph.D., is the director of Prescott College's master's level Equine Counseling Psychology Program. Pam and Paul had been facilitating Ironstone Farm's cancer retreats. Ironstone Farm asked Pam and Paul if they were interested in developing a veteran program. They agreed and brought a protégé of theirs (one of this article's authors), Dave Feruolo, into the mix. Dave brought his expertise with horses, his experience as a former Navy SEAL, and his desire to help veterans like himself to the table. Their combined talents and efforts resulted in a successful pilot equine retreat for veterans in April of 2013.

Clint remembers vividly the day he heard about equine therapy. "A new pilot program came in to the Bedford VA," he recalls. This program was not part of the scheduled VA curriculum, but was offered as an off campus volunteer elective. Clint sat quietly in the recreation room of the domiciliary, as representatives from Ironstone Farm and the University of New Hampshire talked about working with horses and how it could help. "I had no experience with horses," joked Clint, but he was impressed with the people from Ironstone Farm and UNH. He remembers them being genuine and caring. He decided to sign up for the program, not really knowing what was in store for him. Clint remarks that the, "Staff was great, horses were amazing, and the whole experience was very peaceful, very spiritual." Clint enjoys the connection with the horses, so much so that he continues his work at Ironstone as a volunteer. "I keep coming back," comments Clint.

## **Review of Equine Facilitated Mental Health**

Throughout history animals have been used for the psychological well being of humankind. Palley, O'Rourke, & Niemi (2010) suggest that started with the belief in the supernatural healing powers of animals and animal spirits. The spiritual nature of the experience is something about which many veterans that participate in the program comment. Academic research about animal assisted therapies began in the 1960s (Holmes, Goodwin, Redhead, & Goymour, 2012), and anecdotal writings emerged as early as the late 1700s (Klontz, Bivens, Leinart, & Klontz, 2007). However, it has only been very

recently that the therapeutic value of EFMH has been considered.

It is known that EFMH is promising as a treatment for depression, anxiety, and PTSD for non-combat related circumstances; however, whether the results will be the same with combat veterans has not been concluded. The veteran equine program at Ironstone Farm indicates promise. Participant self-report data from the April pilot program revealed the following: sixty three percent of participants stated that EFMH helped them with their current life issues; sixty-three percent stated that the experience revealed aspects of personal behaviors that they were not aware of, but now could face and change; and all the participants suggested that EFMH lowered

task: *go get that horse and bring him here.* Clint was easily able to halter the horse, but when he tried to move the animal, the problems began—at least for Clint. “The horse was stubborn; he didn’t want to go,” Clint says. Clint tried pulling; he tried pushing—the horse just stood there. At one point, he grabbed the horse by the halter, drew his face within a few inches of the animal and growled at the calm beast. He quickly realized that his old intimidating behaviors would not work with a horse. “How you



their levels of anxiety and depression, improved social skills, and elevated their self-confidence and ability to communicate and work as a team.

“I can now see how my anger and intimidating others affects people—horses helped me see that,” revealed Clint. During the program, Clint was given a simple

behave when you work with a horse uniquely influences the environment, because the horse will feel and generate a reaction back at you,” states Smith. “Most other novel environments for learning, such as mountain climbing or white water rafting, find people projecting their emotions onto the environment, not the other way around.” Mark Kriezis, a master’s level social worker from the Bedford Veteran’s Hospital, stated that, “Horses can mirror moods, they can respond to both negative and positive emotions, which teaches the veteran how his or her

behavior can affect others.” Kriezis accompanied the veterans as a participant-observer during the pilot program.

### **Learning To Lead by Collaboration**

McPhee explains that, “Experiential methodology places one’s habitual responses in question.” People learn, over time, that their behaviors can serve their needs. If a person typically reacts in a particular way to a situation, and those behaviors are reinforced with a perceived positive outcome, then over time that reaction could become a pervasive behavioral trait (Perry & Szalavitz, 2006). This was the case with Clint. He had learned that using fear and force typically got him what he wanted. “You can’t really force a 1000 pound animal to do

forces Clint’s breakthrough experience: “EFMH meets them at the work. It is a catalyst for helping individuals practice new and effective ways to influence others using a collaborative model. They learn to do activities *with* others instead of *to* others.”

One of the first activities that is done at the Ironstone Farm veteran retreats is a simple meet and greet. Partici-



what you want,” Clint says—he snickers and shakes his head. Clint was faced with the reality of his routine behaviors and did not like what he saw. Seeking help from the program facilitators, he was soon able to successfully ask the horse to follow. Clint remarks that he learned, “Other ways to do it...to lead by example, with confidence.” Smith rein-

pants enter the paddock, where more than twenty horses, un-haltered and free, can be found. McPhee explains that the objective is to experience their power in the presence of something more powerful than themselves, in a place where they have no control and their previous ways of thinking, being and acting will not work. This exercise, where the veterans interact with the horses in whatever way they feel comfortable, is typically a turning point when they “come back” to the present and begin to feel like themselves again. Some experience their feelings for the first time in many months or years. This immersion experience is conducted

in complete silence, as veterans are told, "when in the horses' house, we need to abide by their culture." Kriezis revealed that he was "amazed at the...emotional healing equine therapy provides the veterans."

### Integration of Learning Into Life

One of the goals of EFMH is that learning transfers from farm to life. It is one thing to be able to lead a horse around a farm, but the ultimate objective is to integrate this learning in society. Kriezis observed that the veterans were able to transfer the learning from Ironstone Farm, back to the VA domiciliary and into life. In Clint's example, this individual being a more confident person and using empathy and collaboration when dealing with family, friends, and co-workers.

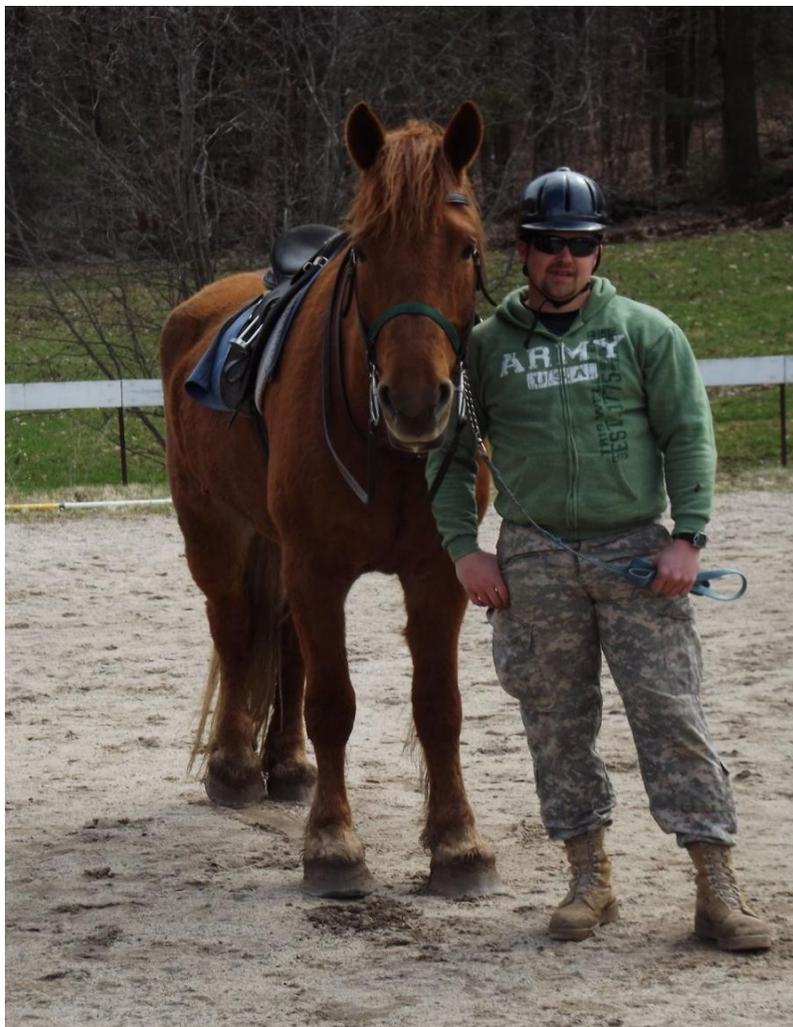
"Many of the veterans were able to rebuild confidence and learn self-acceptance that lead them to be able to trust in themselves again," suggests Kriezis. Being in an unfamiliar environment and working with a large animal, helps to break through and bring to light patterned behaviors. Once these behaviors have been

recognized, metaphors can be created around the work that helps bridge the lesson back to the participant's life. Clint was asked questions that helped him build a bridge from his lessons of the horse to his life: "Who in your life does this horse represent?" "Have you had a situation in your life when fear and intimidation did

not work?" "What other ways can you interact with people in your life, so that you can create connection like you did with the horse?" "What are the benefits and consequences of your behaviors?"

Smith comments further stating, "We designed this equine encounter to be *relationship-focused* instead of *problem solving-focused*. We helped the veterans identify areas that matter and gave them opportunities to experience being in

the moment with a new successful behavior." He recalls one participant who announced, "This is the first time I feel that I can be who I am instead of a sergeant." We designed and facilitated the program so that he could be who he is in the present instead of a role that he once played.





## **Carolyn Burt, Director of New Programs at Ironstone Farm, shares these insights for running a successful EFMH Program:**

- Work in concert with supporting agencies to assure the veterans are available and have transportation to the event.
- Privacy: We wanted the veterans, who primarily had experiences with horses, to feel that they could be open and safe without any distractions or onlookers. We wanted to be respectful about the process so they could talk without being observed. We closed it to outside observers.
- EFMH Facilitators: We had 3 of them: Pam, Dave and Paul. Each facilitator was uniquely qualified for supporting the veterans through their process of discovery.
- Choose the horse: We looked at the height and weight of the participants and matched them up with the limits of the horses for carrying a person. We also looked at the kind of activity that was being asked of the horse by the facilitators and reviewed which horses responded well to that request. We had experience, having conducted similar retreats with cancer patients and believed that those horses had the right weight requirements and personalities for the veterans' equine retreat.
- Flexibility: As the facilitators got feedback during the program, the program was modified to accommodate the feedback of participants. It is important to have flexible staff, who know their capabilities and boundaries so they can adjust program quickly to meet the needs of the veterans.
- Program Design Matters: The first program we offered involved a two day immersion approach. Then we conducted a two hour program once a week for a month to see if there were a benefits over time. We found looking back that the veterans benefited more from a two day immersion experience, so that we can tailor our programs more effectively.
- Know your capabilities and boundaries: Let the facilitators know what you can do. Make sure you work with the facilitators closely on program design, so everyone knows how to prepare for a successful program.
- Proper Facilities: The April EFMH program used our large indoor arena and our onsite house, so we were not weather-dependent and had protection and warmth. During the summer programs, we used our outside fields and large tent, to take advantage of the nicer weather.

Carolyn reinforces that the Veteran's EFMH Program evolved from the core competency of Ironstone Farm's mission: to provide therapeutic, educational and recreational opportunities, using horses and the working farm environment to help people achieve optimum quality of life.

The farm's professional staff of more than 25 licensed instructors and therapists, work with an average of 37 program horses, 220 weekly volunteers to serve 450 to 500 children and adults each week, year round. These riders originate from more than 90 cities and towns throughout Massachusetts and New Hampshire.

## Benefits of Equine Facilitated Mental Health



Equine Facilitated Mental Health treatment is not necessarily a stand-alone treatment. It is philosophically constructivist in nature and is a client-centered modality, grounded in other empirically based practices, such as: motivational interviewing, cognitive-behavioral therapy, and trauma focused, solution focused, and task centered therapies. Any one, or an eclectic mix, of the aforementioned modalities, can work well within an EFMH construct. The facilitators of the Ironstone Program also incorporate transpersonal philosophies and mindfulness into the mix. Combined with or as an adjunct to mental health treatments, the current pool of research (Klontz, Bivens, Leinart, & Klontz, 2007; Schultz, Remick-Barlow, & Robbins, 2007; Holmes, Goodwin, Redhead, & Goymour, 2012; Smith-Osborne & Selby, 2010; Giest, 2011; Lefkowitz, Paharia, Prout, Debiak, & Bleiberg, 2005) suggest that EFMH can be beneficial in following ways:

- Enable honesty and trust.
- Facilitate a greater sense of respect for themselves and others
- Facilitate overcoming challenges in a non-threatening atmosphere
- Facilitate the ability to recognize and set personal boundaries
- Foster empathy towards others
- Foster problem solving and cooperation
- Foster self-control and confidence;
- Help to build personal responsibility and accountability
- Help to build self-esteem and self-confidence
- Improve communication and social skills
- May introduce participants to a new life-long interest, reduced symptomology or remissions of PTSD
- Reduction of or remission of depression and anxiety
- Build an increased sense of personal identity
- Enable a greater connection to nature and an overall spirituality

## **EFMH Resources:**

### **PATH International**

PO Box 33150  
Denver, Colorado 80233  
www.pathintl.org  
(800) 369-RIDE (7433)

### **EGALA**

www.egala.org  
PO Box 993  
Santaquin, UT 84655  
(877) 858-4600

### **Natural Lifemanship**

www.naturallifemanship.com  
806.336.8023  
naturallifemanship@gmail.com

### **EPONA Quest**

1725 W. Eagle Way  
Amado, AZ 85645  
info@eponaquest.com  
520-455-5908  
Eponaquest.com

### **Browne Center**

340 Dame Rd, Durham, NH 03824  
Phone:(603) 868-1772  
Brownecenter.com

### **Ironstone Farm**

www.challengeunlimited.org  
450 Lowell St, Andover, MA 01810  
(978) 475-4056

### **Prescott College**

220 Grove Avenue  
Prescott, AZ 86301  
(877) 350-2100  
www.prescott.edu

### **Horse Sense of the Carolinas, Inc**

6919 Meadows Town Road  
Marshall, North Carolina 28753  
Phone: (828) 683-7304

### **Mountain Lake Center**

www.MountainLakeCenter.com  
PO BOX 6421  
Laconia, NH 03247  
info@mountainlakecenter.com

### **Flag is up Farm**

MontyRoberts.com  
P.O. Box 86  
Solvang, CA 93464  
info@montyroberts.com  
(805) 688 - 4382

### **Heartbeat Serving**

### **Wounded Warriors**

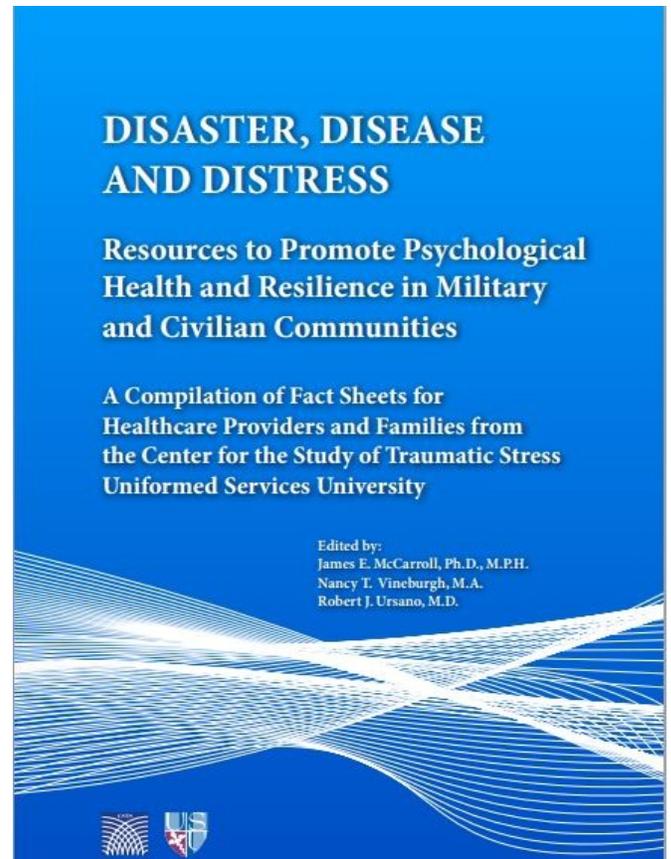
P.O. box 704  
Snohomish, WA 98291  
(426) 931-1407  
Janice@heartbeatforwarriors.org



**The Center for the Study of Traumatic Stress at the Uniformed Services University of the Health Sciences has published a new book titled, "*Disaster, Disease and Distress: Resources to Promote Psychological Health and Resilience in Military and Civilian Communities.*"**

Available for free download on the center's website, the book is a compilation of fact sheets and educational resources developed over the past 10 years that address important health and mental health issues of service members and their families impacted by deployments to Iraq and Afghanistan.

The resources are geared toward civilian communities around the globe affected by natural and human-made disasters, such as hurricanes, earthquakes and mass shootings.



**The book has four sections:**

- Caring for our Nation's Soldiers, Sailors, Airmen and Marines: The Role of Medical and Social Service Providers;
- Military Family Health;
- Disaster Preparedness and Response; and
- Special Populations

To read the book, please visit: [http://www.cstsonline.org/wp-content/uploads/CSTS\\_3D\\_FS\\_Book\\_WEB.pdf](http://www.cstsonline.org/wp-content/uploads/CSTS_3D_FS_Book_WEB.pdf)

# War Trauma Resources

*Updated: October 2012*

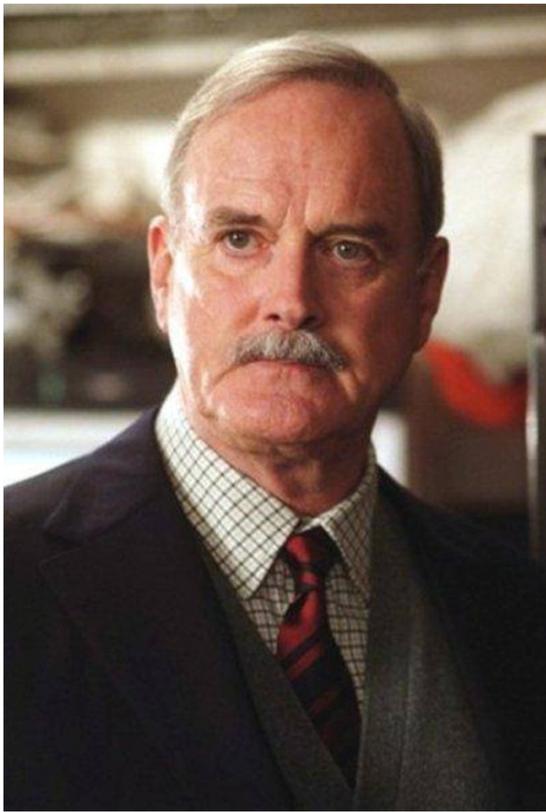
This is a listing and description of 500+ resources for Service members, veterans and their families.

[Click](#) here to  
download the free PDF

The list is compiled and maintained by AIS Fellow, Dr. Ray Monsour Scurfield, Professor Emeritus of Social Work, University of Southern Mississippi. Dr. Scurfield is also in private practice with Advanced Psychotherapy located in Gulfport, MS.

A Little Humor...

# ALERTS TO THREATS IN EUROPE THIS YEAR: **JOHN CLEESE'S PERSPECTIVE**



The English are feeling the pinch in relation to recent events in Syria and have therefore raised their security level from "Miffed" to "Peeved." Soon, though, security levels may be raised yet again to "Irritated" or even "A Bit Cross." The English have not been "A Bit Cross" since the blitz in 1940 when tea supplies nearly ran out. Terrorists have been re-categorized from "Tiresome" to "A Bloody Nuisance." The last time the British issued a "Bloody Nuisance" warning level was in 1588, when threatened by the Spanish Armada.

The Scots have raised their threat level from "Pissed Off" to "Let's get the Bastards." They don't have any other levels. This is the reason they have been used on the front line of the British army for the last 300 years.

The French government announced yesterday that it has raised its terror alert level from "Run" to "Hide." The only two higher levels in France are "Collaborate" and "Surrender." The rise was precipitated by a recent fire that destroyed France's white flag factory, effectively paralyzing the country's military capability.

Italy has increased the alert level from "Shout Loudly and Excitedly" to "Elaborate Military Posturing." Two more levels remain: "Ineffective Combat Operations" and "Change Sides."

The Germans have increased their alert state from "Disdainful Arrogance" to "Dress in Uniform and Sing Marching Songs." They also have two higher levels: "Invade a Neighbour" and "Lose."

Belgians, on the other hand, are all on holiday as usual; the only threat they are worried about is NATO pulling out of Brussels ..

The Spanish are all excited to see their new submarines ready to deploy. These beautifully designed subs have glass bottoms so the new Spanish navy can get a really good look at the old Spanish navy.

Australia, meanwhile, has raised its security level from "No worries" to "She'll be right, Mate." Two more escalation levels remain: "Crikey! I think we'll need to cancel the barbie this weekend!" and "The barbie is cancelled." So far no situation has ever warranted use of the last final escalation level.

Regards,  
John Cleese ,  
British writer, actor and tall person

And as a final thought - Greece is collapsing, the Iranians are getting aggressive, and Rome is in disarray. Welcome back to 430 BC.

Life is too short...



John Cleese was a comedic Renaissance era warrior who participated in an epic quest for the Holy Grail.

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